

OPTIONS COUNSELING HELPS YOU:

- Explore your future care
- Evaluate your long-term care options, including the pros and cons of specific choices for now and for the future
- Develop an action plan based on what is important to you
- Connect with local resources



NOTES



Call your local ServiceLink
1-866-634-9412 (Toll Free)
or
www.servicelink.org

This information is provided by an Agreement between the NH ServiceLink Aging and Disability Resource Center and the NH Department of Health and Human Services' Bureau of Elderly and Adult Services and partially funded by the Centers for Medicare & Medicaid Services under grant #11-P-20220.

Options Counseling



Counseling that can help
you with choices as
you age



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COUNSELING **OPTIONS COUNSELING** COUNSELING



WHO PROVIDES OPTIONS COUNSELING?

Each local ServiceLink Aging and Disability Resource Center has a Long-Term Support Counselor on their team.

A Long-Term Support Counselor is a knowledgeable, caring, and experienced guide to support you while you explore your options and make choices about your long-term needs.

Based on your preference, Options Counseling can be provided through home visits, office visits, community appointments, as well as by phone or email.



SOMETIMES YOU NEED HELP BUT JUST DON'T KNOW WHAT OPTIONS YOU HAVE

CAN OPTIONS COUNSELING HELP YOU WITH YOUR LONG-TERM CARE CONCERNS?

Are you confused by the choices you face as you age?

Are you or is someone you love trying to make difficult care decisions?

Are you trying to stay in your home as you age?

Has it been suggested that you need nursing home care?

Do you need to plan for future care needs such as legal, medical, and financial?

Do you need help understanding how long term care is paid for?

If you answered "yes" to any of these questions, call ServiceLink for assistance

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WHAT CAN YOU EXPECT?

Our counselors can assist you through the decision process.

They can guide and support you in identifying and reaching your long-term care goals.

Options Counseling is part of ServiceLink's customized team approach, also offering:

- **Information about and connections to local resources**
- **Caregiver and family support**
- **Medicare and Medicaid counseling**